

In Nepal, a superior method for fighting COVID-19 is to maintain social isolation. One way to reduce the spread of a contagious diseases like Covid-19 is to use social distance. This is not a new concept; for many years, most cultures have understood the need of avoiding ill people. The objective is to reduce transmission by delaying the epidemic surge, reducing the size of the epidemic peak, and spreading cases over a longer period, all of which would relieve burden on the healthcare system.

It's a technique for minimizing one's interactions with others. The transmission of most flu virus strains, including COVID-19, is said to be reduced by keeping a gap of about 2 meters between yourself and another person. In reality, this means that avoiding contact with other people can contribute to prevent the transmission of infectious diseases. Social distance is one of the non-pharmaceutical infection prevention and control techniques that can help stop or reduce the progression of an extremely contagious disease. COVID-19 is a virus that is now spreading rapidly from individual to individual. A healthy individual can become ill if they come into contact with respiratory droplets from an infected person's coughs or sneezes.

According to the World Health Organization, "COVID-19 is disseminated by droplets and fomites during intimate uncontrolled contact between an infector and an affected." A fomite is an item or material that has the potential to spread infection, such as clothes, silverware, or furniture. As a consequence, by avoiding contact with other people and avoiding touching infected fomites, disease transmission can be avoided. Social distancing aims to minimize or prevent COVID-19 transmission in a population by restricting interaction between possibly infected people and healthy people, or between population groups with high rates of transmission and population groups with no or low rates of transmission. **The following are some examples of social distancing methods:**

1. Mass Gatherings, such as sporting events, should be prohibited.
2. Community facilities, such as a swimming pool and a gym, should be closed.
3. Workplace Closure: School Closure, offices
4. College and university closures.
5. Face-to-face interaction as a form of self-shielding

Studies on infectious disease outbreaks, such as the flu, suggest that social distance is a good way to reduce the number of people who get sick if the measures are thorough and implemented for a long enough time 2020.



Figure 1: CoVID-19 Isolation

<https://www.who.int>